

# Courage to Care – Inspiring Upstanders in Our Senior Students

On Thursday, our Grade 5/6 students took part in the *Courage to Care Upstander Program*, an immersive *incursion designed to empower young people to speak out against discrimination, exclusion and injustice*. The program shares powerful real-life stories of individuals who stood up for others during times of great adversity - particularly during the Holocaust - and shows students that even small actions can make a big difference.



During the session, students met trained volunteers and heard firsthand accounts of kindness, bravery and moral courage. They explored what it means to be a **upstander versus a bystander**, and engaged in discussions that challenged them to consider how they might respond in difficult social situations - whether at school, online or in the wider community.

The students were given armbands at the end of the session and were invited to reflect on what they learnt about today:

*Flynn:* We learnt how cruel the Holocaust was and how discrimination and racism aren't right. We learnt how to be an upstander.

*Mikayla:* We learnt that being an upstander can change someone's life - the story of Eva showed us how one policeman's actions allowed her to escape.

*Addy:* We learnt that something that might seem small to you, can have a massive impact on others, and that a lot of people have it rougher than you think so it's always important to be kind and treat people equally.

*Lennon:* We learnt about stereotypes, prejudice and discrimination and how we can help other people experiencing these things.

This experience aligns beautifully with Religious Education and our inquiry question this term: How can we make a difference in the world right now? We look forward to seeing our students continue to reflect and put into action, how they, too, can be everyday heroes.

The Courage to Care team congratulated the school on the engagement and knowledge of students.

